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ADACHI TAKASHI**(54) FOOD AND DRINK CONTAINING EXTRACT OF CRATAEGUS CUNEATA AND USED FOR IMPROVING ENDURANCE****(57)Abstract:**

PROBLEM TO BE SOLVED: To obtain a food or drink containing the extract of *Crataegus cuneata* in a prescribed amount, capable of being easily taken, excellent in refreshing mouth touch, flavor and endurance-improving effect, and capable of being suitably used for physical exercises, etc.

SOLUTION: This food or drink is obtained by extracting the *Crataegus cuneata* with water or ethanol, purifying the extract to give a low polar fraction, and subsequently adding the obtained *Crataegus cuneata* extract to a food or drink in an amount of 1-10%. The *Crataegus cuneata* extract contains one or more of chlorogenic acid, tannin compounds such as epigallocatechin, and flavone glycosides such as rutin, isoquercitrin and hyperin. The *Crataegus cuneata* extract is further preferably compounded with the extract of hydrangea tea, *Zizyphi fructus* or *Glycyrrhizac radix*.

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